



Breastfeeding Mom on the move

[insert
presenter
info]

Support

- **Family and Friends**
- **Lactation consultants in:**
 - **Community Health Nursing**
 - **Women Infants Children (WIC)**
 - **State and Local Health Department**
 - **Medical Treatment Facility**
- **La Leche League**



Your Partner and Family Members: Other Ways to Bond

- **Cuddling**
- **Bath time**
- **Walks**
- **Diaper changes**



Mom on the Move

Breastfeeding Discreetly

- **It is possible to breastfeed discreetly in public**
 - **Wear clothing for easy access**
 - **Use a blanket or diaper to cover breast and baby**
 - **“Sling” baby carriers are useful**



Feeding Options for Working Mothers

- Direct breastfeeding
- Expressing milk
- Supplementing with formula



Another Option: Reverse Cycle Feeding

- **Baby feeds less often during the workday**
- **Baby feeds more often when you are together**



Before Returning to Work

- Practice with the pump
- Get baby used to the bottle
- Talk to your supervisor
- Consult Occupational Health about hazards
- Simulate work schedule
- Breastfeed exclusively on weekends to keep supply up



Reasons for Working Mothers to Express Milk

- Maintain an adequate supply
- Engorged breasts are painful and decrease your milk supply
- Express milk manually or by pump

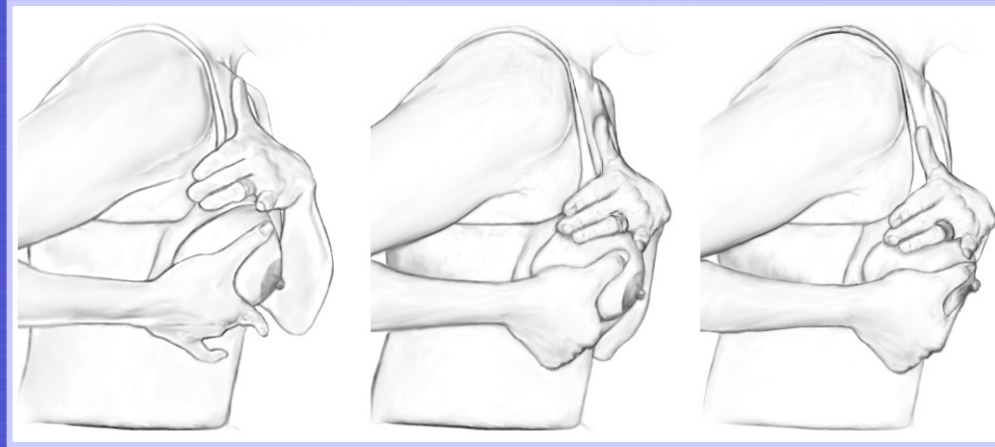


Milk Expression Basics

- Wash hands thoroughly
- Breast cleansing is not routinely necessary
- Wash pump and collecting kits in hot soapy water after each use



Manual Expression



- Use all senses to foster effective let-down
 - Baby's picture
 - Blanket with her smell
- Use gentle breast massage
- Adapt manual technique for your comfort



Breast Pumps

- **Types**
 - Manual
 - Battery
 - Electric
- **Price Ranges**
 - \$20.00-\$250.00
- **Performance varies greatly**
- **Hand pumps, battery pumps, & small electric pumps are intended for occasional use**



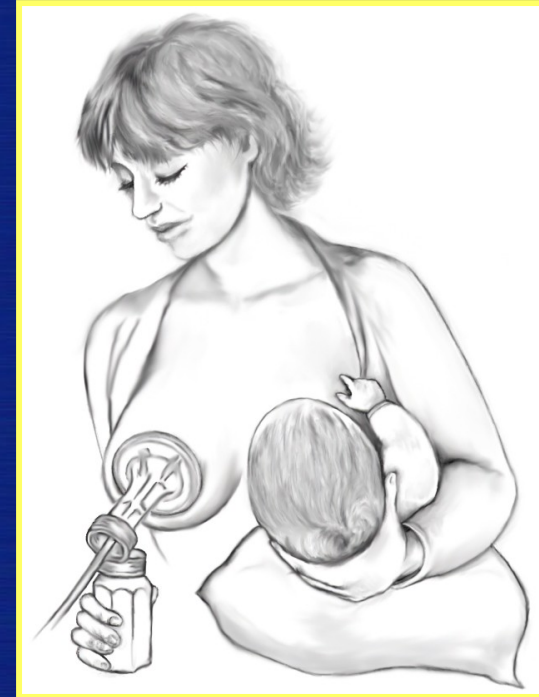
Breast Pumps “Hospital Grade”

- Best choice to establish and maintain milk supply
- Dual pumps/collecting kits are helpful for women employed full-time outside the home



Recommended Pumping Protocol

- During a normal workshift, a mom should plan on 2-3 pumping breaks
- Dual pumping results greater total milk volume
- If a single collecting kit is used, each breast should be pumped for 15 minutes per session



Extra Tips

- It is better to express for 15 minutes 3 times a day rather than 45 minutes straight
- You will yield more milk and keep your supply up
- Hand massage helps to drain the breast faster



Storage of Human Milk

- Store in the coldest part of the refrigerator or freezer
- Antibacterial properties of human milk help to prevent bacterial growth
- Store milk in feeding-size portions to minimize waste
- Milk that has been partially used should not be reused (1 hour window)



Milk Storage Recommendations

- **Room Temp** **4-6 hours**
- **Refrigerator** **3 days**
- **Freezer** **3 months**
- **Deep Freezer** **6-12 months**



Storage Containers

- **Hard-sided, self supporting containers with air-tight caps are the best**
- **Label containers with infant's name, date of expression, and number of ounces**
- **Use oldest milk first**



Thawing Frozen Milk

- **Never microwave human milk!!**
- Run lukewarm (*not hot!*) water over container
- Set container in pan of warm water
- Leave in refrigerator overnight
- Avoid excessive heat



Warming Human Milk

- Use warm water
- Shake warmed milk to resuspend fat globules
- Too much warming may initiate bacterial growth



QUESTIONS



Acknowledgements



Ms. BethAnn Cameron

Health Educator

Directorate of Health Promotion and Wellness

US Army Center for Health Promotion & Preventive Medicine

Ms. Cindy Plank

Health Educator

General Leonard Wood Army Community Hospital

Fort Leonard Wood, Missouri

Wellness Center

Martin Army Community Hospital

Fort Benning, Georgia

